

MADAME ISE'BE

Gives Regime for Thin Women and the Too-Full Bust



LESSON XIII.

EXCESSIVE thinness is more difficult to treat, as a rule, than obesity. It is generally the result of mal-assimilation, which is really a disease. Food reduction will mitigate or entirely cure most cases of obesity, but no means an efficacious method of treating thinness. Mal-assimilation may result from many causes; when such cases are obtained and accompanied by weakness a diagnosis should be made by a skilled physician and a regime laid out and followed.

There are other cases where apparently healthy women fall below the average in weight; in such cases the cause can often be found and treated.

Nerves, Worry and Digestion.

We must remember that there is nothing more dependent on the mental attitude than the process of digestion. Nervousness, worry, over-excitement, have a direct and quick reflection in the digestive fluids. The body is not a machine governed only by physical laws; if it were so, all people would profit by the same regime, which we know is not the case.

Most regimes outlined for flesh accumulation lay stress on increasing the consumption of starch and sugar. As has been already pointed out, these are flesh-producing foods, but unfortunately, they are not always easily digested, and in such cases do more harm than good. Most thin people have a delicate or capricious digestive apparatus and to overburden this would probably bring about dyspepsia, which would result in decreased rather than increased flesh.

The first step in overcoming thinness, therefore, is to overcome difficulties in digestion. If such is the result of nervousness, overcome this; if it comes from overwork, rest and sleep more; if from improper food, find out just what kind of food best agrees with you and limit your diet to this.

Get at least eight hours' sleep every night in a well aired room. On awaking sip slowly a glass of hot milk or cup of chocolate. Throw the windows wide open and go through the breathing exercises in Lesson X. Follow these by the wand exercises given in Lesson XII. Bathe and dress and you will have a good appetite for breakfast.

Have a Good Breakfast.

For breakfast eat all that appetite demands, but choose food easily digested. Take no fried food, hot cakes or strong tea or coffee. Fruit, cereals and cream, eggs, bacon and buttered toast make a nourishing and not too heavy meal. Hot rolls, graham muffins, stewed fruit, creamed potatoes, creamed flaked fish, broiled fish are all suitable breakfast dishes.

No matter what the weather or your occupation, spend a part of the morning out of doors. Make the early part of the day the busiest. Lunch at one o'clock should be light, but nourishing. Soup, preferably one made with cream, a vegetable with cream or butter sauce, a light dessert of stewed fruit or custard and a glass of milk make a satisfying lunch.

I should add here that milk should not be drunk with a meal that includes meat. For this reason it is suitable for lunch, but not for dinner.

After lunch lie down for an hour and sleep if possible. With a little practice sleep will come. Two hours before dinner take a glass of hot milk, malted milk or chocolate with a few biscuits or light cakes. Follow this with a walk or some form of exercise.

The Important Meal of the Day. Dinner should be the important meal of the day; if practical, have it served in courses, in pleasant company and eat slowly. Dinner should include soup, fish, if one likes it, chicken or a little grilled or roasted meat, several vegetables, salad with olive oil dressing, pudding or fruit. The only beverage is cool (not iced) pure water, but the meal may close with a small cup of black coffee if this does not induce sleeplessness.

Before going to sleep sip a glass of milk with a dry biscuit. This regime gives you nourishment five times a day. Do not eat more often.

Excess Flesh at Waist and the Too Full Bust.

Excess flesh is prone to accumulate about the waist line, the hips and the bust. When these parts are equally affected the reducing exercises that I have given in Lesson XII, and the diet should be followed exactly.

When there is more flesh on one part of the body than on another, certain exercises should be repeated. We cannot safely reduce the size of the bust except by breathing exercises that tend to harden the bosom and make it more firm. But we can reduce the flesh under the arms. This is a bad place for excess flesh, for it makes the bust look large and causes the arms to hang in awkward fashion. Reduction on this part of the body can be effected by reducing exercise 1 given in Lesson XII and also by the following exercise which we will call R. 4. R. 4—Stand erect, well poised on the ball of the foot, right arm hanging straight with hand turned so palm is parallel with the floor, and left arm raised so that back of hand is laid against lower part of cheek and jaw with elbow raised as high as possible. Push down as strongly as possible with the right hand, raising the elbow of the left

arm at the same time, feeling the under arm muscles pull. Now repeat the movement, changing the position of the hand to the left twenty times night and morning in this way. The other reducing exercises and the loose flesh under the arms will soon turn into firm muscle.

Hip Reducing.

For hip reducing practice the rolling exercise R. 2 night and morning, giving as much time to this as possible. Practice also the last movement of the wand exercise given in Lesson XII. Salt rubs will also be helpful. For this make a very strong brine in sea salt in the bottom of a big tub and soak two large Turkish towels; hang these over the tub and let them drip until dry. After the usual bath rub the body with a salt towel, treating vigorously the loose flesh over the hips and upper legs.

Perfect Physical Proportions.

There is always a certain difference of opinion as to what constitutes perfect physical proportions. Some artists admire the tall woman and others the short, but in either case the rest of the body should be in proportion to the head. The ideal expressed in early Greek sculpture shows the head but one-seventh the entire height of the body, but modern taste has considerably modified this standard. The following table is regarded as the ideal modern figure:

Height	5 ft. 8 in.
Weight	140 lbs.
Neck	13 in.
Chest	33 in.
Bust	37 in.
Waist	24 in.
Hips	36 in.
Upper arm	11 in.
Forearm	9 in.
Calf	15 in.

A woman's age makes some difference in the weight of the body. As a woman grows older her bones become heavier, and a slight increase in flesh is not only becoming, but an indication of good physical health. Remember that muscles weigh more than fat, and turning the flesh to muscle will make the measurements smaller, even if the weight is not decreased. An increase in flesh according to age is taken into consideration by some life insurance companies in making policies. For example, a woman 5 ft. 2 in. tall at twenty-one years of age should weigh 110 lbs., at thirty years of age she should weigh 125 lbs., and ten pounds at sixty-five years old.

Women with small bones cannot carry to advantage as much flesh as can those with larger frames, for the reason that flesh, whether it is fat or muscle, takes up more room than bones. Considerations of this sort must govern the amount one should weigh.

Mrs. Ise'Be

Madame Ise'Be's next lesson will take up the subject of the hair, how to keep it healthy and promote its growth.

SNAP SHOTS

AT HOME NEWS.

Little Dorothy Armstrong of 1034 Garfield is quite ill with tonsillitis.

A fellowship lunch will be held at the Central Y. M. C. A. at 5 o'clock Sunday afternoon.

At least 100 city employees have been thrown out of work by the extreme cold weather which prevents work being done in the streets or in the parks.

H. B. Wilson, superintendent of city schools, will attend a meeting of the department of education of the National Education association at Richmond, Va., beginning February 24.

"Forty" Bryant, colored, in whose home Ed Roach, a farm hand, was found murdered New Year's day, is slated for trial in the first division of the district court Monday, February 16.

City Commissioner Porter has made a large map of the city of Topeka to be used in making routes for the drivers from the city crematorium and will be distributed by tacks, and the routes by colored string.

Porter Patterson, colored, charged with being a persistent violator of the state's liquor laws, received preliminary hearing in the district court Monday and was bound over for trial in the district court. The offense charged is punishable by a term in the state penitentiary.

Mr. and Mrs. Elmer Kendrick's entire household furniture, including the country home two miles southeast of Watson. The men of the party enjoyed a rabbit hunt. The feature of the day was the country dinner.

The city sanitary department asks to have it made plain that the patients who escaped from quarantine hospital from the city were not released by the city sanitary department but by the county. All smallpox cases in the city, A. J. Ramsey declares, have been confined to four houses, which have been carefully quarantined.

C. H. Kutz, acting milk inspector, declares Topeka dairies are unusually clean. He has been making examination of many milk depots. Only one was not scrupulously clean. There is some drinking water from a pig trough. Mr. Kutz took a sample of the milk, and will make a scientific examination of it today.

Walter A. Evans, who was for a number of years reported on the State Journal, is in the city renewing old acquaintances. Since leaving here Mr. Evans has represented a Kansas City newspaper, at Washington and in the state office of the governor of Missouri. He is now engaged in the insurance business.

Portable churches will be erected at Rosedale Heights and Sunnyvale, suburbs of Kansas City, according to decision made by the home mission board of the Topeka presbytery of the Presbyterian church held at the Central Y. M. C. A. late Friday. Chinese and other places and the board decided to try them at home.

At the Sunday evening service of the First Methodist church, February 15, the sermon by Dr. Lovett will be on the subject of "Temperance and Labor." He was asked to make the address by the State W. C. T. U. department of temperance and labor, the chairman of which is Mrs. S. Pettit. A special invitation to attend the meeting is given to all members of the W. C. T. U. and to all the labor organizations.

Charles Winne, colored, charged with the murder of Mrs. Anna Austin, colored, who was cook at the Country club, will be placed on trial Monday in the first division of the Shawnee county district court. The charge is murder on his own initiative, and as the law requires that a defendant in a murder trial have a legal representative, Fred Crossley and D. D. Mote attorneys have been appointed by the court to defend Winne.

W. A. Stitt, justice of the peace at Willard, Kan., is confronted with the same question that worries many Topeka people. The justice writes to R. E. Swartz, county clerk, asking what to do in a case where a farmer owning chickens allows them to feed on another farmer's premises and refused to coop them up. The clerk will advise the justice to have the chickens killed and the farmer fined.

February 14 is the day set by Judge Dana in the first division of the Shawnee county district court as "field day" for passing sentence on all persons convicted in his court up to that time. Spencer Bridges, convicted of carrying concealed weapons, was sentenced to 100 days in the county jail. He was charged with violating the liquor laws, and who forfeited his bond by running away, are to receive sentence. Of course wisdom will not be sent to the county jail. The case of the defendant's absence is worth more to the county than his presence as he has forfeited three bonds, aggregating \$1,800.

The first annual ball of the postoffice clerks at Topeka has been held at the Topeka office an excellent opportunity of becoming acquainted with the clerks who receive and dispatch mail. Unlike the county clerk's office, the postoffice is in touch with the patrons of the office, and they hope that the present occasion may prove a means of making new friends. No pains or expense were spared in making the ball a pleasure and comfort of those who attend. A large attendance is assured and the first social attempt of the postoffice clerks promises to be an unequalled success.

The county commissioners have offered a reward of \$50 for arrest and evidence leading to conviction of the unknown assailant of C. W. Cook, a coal merchant at 700 East Seventh street. The old man has been assaulted twice at dark in the coal yard. Accompanied by Red Lee, assistant county attorney, a well known Topeka citizen, Stimmis, who has been charged with the assault, was introduced to lower the fire loss resulting from explosions in dry cleaning establishments. It was presented for final reading at the city commission meeting yesterday.

Cooper Baseball Captain Sterling, Kan. Feb. 7.—"Pony" Arneal, the sorrel-colored first baseman of the year's team, was elected captain of the Cooper baseball team for the coming season. Arneal's election insures a good team for the coming season. Arneal is a senior and is one of the most popular men in the school. He was the standby of Wee's bantam football team last fall, playing fullback.

The Highland Park Art club met Friday afternoon at the home of Mrs. C. B. Fisher. Those present were: Misses Madeline, Elsie, and Esther Roth; Kate Thompson, Ida Healey, Ruby, Helen, Irma, Ferguson, Pearl Shaw, Helen, Frederick, Jay, Banta, Floyd, Schritfeld, Challen, Watson, Marie, Dean, Charles, Case, Pearl, Eberhardt, Richard, Ahlstrom, Olin, Bertrid, Ray, Ferguson, Elmer, Ahlstrom, Frank, Siles and Paul, Fisher.

The K. K. K.'s held their regular meeting at the home of Irma and Harry Peterson. Those present were: Misses Madeline, Elsie, and Esther Roth; Kate Thompson, Ida Healey, Ruby, Helen, Irma, Ferguson, Pearl Shaw, Helen, Frederick, Jay, Banta, Floyd, Schritfeld, Challen, Watson, Marie, Dean, Charles, Case, Pearl, Eberhardt, Richard, Ahlstrom, Olin, Bertrid, Ray, Ferguson, Elmer, Ahlstrom, Frank, Siles and Paul, Fisher.

The season at Palm Beach, Fla., has just opened an already a good portion of those members of society who flock annually to the famous winter resort are on hand to enjoy summer delights in mid-winter. Among the more prominent of the elite there are Mr. and Mrs. Anthony J. Drexel-Biddle. Mr. Drexel-Biddle recently started society by emptying the contents of his wine cellar in the sewers of Philadelphia.

THIS EXPLORER FOUND CAVE MEN



Frank Edward Johnson.

Frank Edward Johnson, the explorer for the National Geographic society and the man who discovered a race of cave men in a hitherto supposed uninhabited portion of southern Tunisia, has just arrived in Washington to make his report after an absence of nearly two years. This race, Mr. Johnson says, live in caves hewn in the solid rocks of sugar loaf mountains, sometimes to the depth of 150 feet and big enough to hold 2,000 people. The women are never seen and the men are able to run fifty miles without a drink of water. There are about 100,000 of these people who live in towns which have not one single building.

Johnson meeting yesterday morning, and passed the ordinance should be amended to read "within the city limits," was Mr. Simms' suggestion.

SWITZER MAY RUN.

Democrats Push Him for Office of Probate Judge.

Four avowed candidates are in the field for the office of judge of the court of Topeka. A new candidate appeared today.

C. W. Milton will run on the Democratic ticket. Mr. Milton is a graduate of the Washburn law school and of Fairmount college, Wichita. He is a son of Judge B. F. Milton, member of the state tax commission under Governor Stubbs, and former judge of the state court of appeals.

Tinkham Veale, another candidate, began circulating petitions today. Hugh T. Fisher and Paul Heinz are also commencing campaigns. There is some talk of pushing John F. Switzer, assistant county attorney, for the office of judge of the probate court. Hugh McFarland is a candidate for re-election.

William Anderson, clerk to W. E. Atchison, county attorney, will probably run for clerk of the court of Topeka, office to be vacated by A. C. Bartel.

PRESENT FOR LUX.

Fruit Men Present Topekan With Silver Service.

Samuel E. Lux, retiring president of the Western Fruit Jobbers' association, at the closing session of the convention of the association at Kansas City late Friday, was presented with a silver service in appreciation of his efforts for the organization. The next convention will be held in Los Angeles.

A. William L. Wagner of Chicago was chosen president and W. D. Tidwell of Denver was re-elected secretary. W. M. Roylance of Provo, Utah, was named treasurer.

J. C. Ling of Oakland avenue returned last night from Wilson and Wichita, where he has been visiting an uncle and aunt whom he had not seen for many years.

Rev. J. H. Fuller returned yesterday from Woodbine, Iowa, where he delivered two sermons. Rev. Fuller will preach at the regular service at the Oakland Christian church tomorrow.

Mrs. C. H. Nagle of Chester avenue is seriously ill. Mrs. Will Mohney of Rock Creek are the parents of a son, born Friday morning. Mrs. Mohney is at the home of her mother, Mrs. Mayme Charles Renshaw, Mrs. R. Boyd, Mrs. J. G. Huey, who has been suffering with rheumatism the past few days, remains about the same.

Mrs. A. E. Finney entertained the Priscilla Embroidery club Friday afternoon. Those present were: Mrs. W. G. Shaw, Mrs. Nannie Miller, Mrs. Frank Jordan, Mrs. Oscar Nell, Mrs. Henry Schuchman, Mrs. W. F. Shaw, Mrs. Finney. The next meeting will be held with Mrs. M. T. Kelsey on Arter.

The district superintendent of the M. E. church will have charge of the morning service tomorrow at the Oakland Christian church. Special music by the choir. Mrs. Clara Johnson, who has been ill at her home on C. Avenue the past two weeks, is improving.

The following friends surprised Mrs. W. A. Thornburgh last Thursday evening at her home on Poplar street, the occasion being her birthday anniversary: Mr. and Mrs. John Dyal, Mr. and Mrs. H. H. Herron, Mr. and Mrs. James McNeill, Mr. and Mrs. Fred Luenberger, Mr. and Mrs. Charles Renshaw, Mr. and Mrs. L. Orr, Mr. George Noller and Mrs. Alex. Brown. Mrs. Thornburgh was the recipient of numerous remembrances from her friends.

Fe apprentice school, became ill yesterday while at work and was taken to the hospital, where he is now under an operation for appendicitis.

J. Arnold, superintendent of the store operation, who is recently under an operation for appendicitis at the company hospital, is improving.

The following members of the M. E. church, is spending the week-end at the shops exchange, is spending the week-end in Newton.

The Men's Social club will have its regular meeting Tuesday evening at the R. R. Y. M. C. A. A debate, "Resolved: That the world is getting better," will be given by Rev. J. C. Unberger.

E. A. Swanson of the freight auditor's office is in Kansas City a few days. Mr. Swanson is spending the week-end in Wichita.

Mrs. Katherine Devin of the freight auditor's office is spending the week-end in Wichita.

Mrs. Charles Laid will entertain the

WANTS.

AND MISCELLANEOUS ADS

ADVERTISING RATES. The rate for advertising in The Topeka State Journal is one cent a word each insertion. Minimum 25 words; by the week 5 cents a word, minimum 10 cents.

COUNT THE WORDS of year Ad. Insertions less than 10 words for each insertion. Address when such address is used: count each "initial" letter and each number or letter in the address.

CLOSING HOUR. Want Ads to be classified properly in The Topeka State Journal must be in The State Journal office before 1 o'clock. Want Ads received after the noon hour will be inserted under the heading: "Too Late to Classify," or some day, as desired.

OUT OF TOWN advertisements must be accompanied with cash or check in full payment for the ad. No return of the ad. Instructions about counting the words and the rates per word for The Topeka State Journal, desired.

REAL ESTATE TRANSFERS.

J. M. Vesper to J. K. Kriele, tract in sec. 12-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000-1001-1002-1003-1004-1005-1006-1007-1008-1009-1010-1011-1012-1013-1014-1015-1016-1017-1018-1019-1020-1021-1022-1023-1024-1025-1026-1027-1028-1029-1030-1031-1032-1033-1034-1035-1036-1037-1038-1039-1040-1041-1042-1043-1044-1045-1046-1047-1048-1049-1050-1051-1052-1053-1054-1055-1056-1057-1058-1059-1060-1061-1062-1063-1064-1065-1066-1067-1068-1069-1070-1071-1072-1073-1074-1075-1076-1077-1078-1079-1080-1081-1082-1083-1084-1085-1086-1087-1088-1089-109